

## 2011 WINTER

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# 10 Greatest HIV Discoveries of 2011

BY MICHELLE GARCIA

Here's a look at some of the year's bigger medical breakthroughs that could leave you feeling even better in 2012 and beyond.

### 1. Two major new drugs promise to make life easier for HIVers.

Egrifta is a daily injection that reduces the deep belly fat. Complera is Edurant, Viread, and Emtriva in a single pill meant for first-time HIV medication users.

### 2. Researchers discover breast-feeding is an option.

A daily dose of nevirapine to infants for the first six months of life halved their risk of contracting HIV from their mother's breast milk. Moreover, antibodies found in breast milk, when isolated, can neutralize HIV and kill HIV-infected cells.

### 3. A vaccine may have been found.

Scientists in Spain are testing an HIV vaccine that has proved more powerful than previous ones that have gone to trial.

### 4. A prevention treatment for couples is successful.

A total of 1,763 relatively healthy HIVers were treated with antiretrovirals, and they avoided transmitting the virus to their HIV-negative partners in 96% of cases.

### 5. Glowing cats may help solve kitty version of HIV.

Researchers at the Mayo Clinic have developed a fluorescent gene-based strategy to fight the feline immunodeficiency virus, or FIV, the feline version of HIV.

### 6. Computer mapping and other technologies help target HIV in the US.

Health agencies use technology to enhance prevention and care efforts, such as computer mapping to identify HIVers receiving inadequate treatment, or electronic health records to remind doctors to routinely screen patients for HIV.

### 7. Remove the cholesterol, treat the virus?

Removing cholesterol from the membrane of an HIV particle can keep the virus from damaging the immune system.

### 8. Gene therapy gets turned on its head.

Researchers postulate that HIVers receiving gene therapy to suppress viral load would be less likely to transmit HIV to a sexual partner but would transmit the therapeutic material, weakening the virus's effect if the partner did contract it.

### 9. Doctors discover HIV helps treat cancer.

A disabled form of HIV taught William Ludwig's immune system to kill leukemia cancer cells. His doctors are not willing to go so far as to say he is cured, but his leukemia remains in remission.

### 10. Turns out, the truth is in the hair.

Measuring the levels of Reyataz in people's hair may be the best way to see how well they are sticking to their treatments. 

*Reprinted with permission from The Advocate. Go to [Advocate.com](http://Advocate.com) for the complete story on these ten greatest HIV discoveries of the year.*

# Have Questions? Worried? Need Help?

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### NEWSLETTER

*In memory of Fred Clark, Gilbert Cornilliet,  
Eric Estrada, Mark Allen-Smith, Brian Stott,  
and Cary Alexander*

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# Life Expectancy with HIV Increases Dramatically

A 20-year-old HIV+ person starting antiretroviral (ARV) therapy today can expect to live, on average, to the age of 69, according to new calculations published July 26 in *The Lancet*. The study authors say this is a life expectancy increase of 37 percent over projections for 20-year-olds starting ARVs during the early years of combination treatment.

HIV+ people have frequently asked their health care providers how long they will live with the virus, especially with so many effective ARV options to choose from. Few studies have attempted to answer this question—until now.

To determine life expectancy among HIV+ patients, an international roster of researchers joined forces and reviewed the medical records of more than 43,000 people living with the virus in the United States, Canada and several European countries. The study participants were split into three groups: 18,587 people who started ARV

treatment between 1996 and 1999, 13,914 who started treatment between 2000 and 2002, and 10,854 people who started treatment between 2003 and 2005.

The researchers predicted that a 20-year-old person starting ARV treatment between 1996 and 1999, the early years of combination ARV therapy, could be expected to live an additional 36 years, to the age of 56. This increased significantly, however, as time passed. A 20-year-old who started treatment between 2003 and 2005 was expected to live an additional 49 years, to the age of 69.

The average life expectancy for a 20-year-old who remains HIV negative, at least in industrialized nations, is an additional 60 years—with death occurring, on average, at the age of 80.

HIV+ people who didn't start ARV treatment until their CD4s dropped to 100 were expected to live 10 fewer years than people who started therapy when their CD4s were above 200. The

authors also determined that HIV+ people with a history of injection drug use were expected to live 10 fewer years than those who never used injection drugs.

In a letter in *The Lancet* commenting on the study, David Cooper, MD, from the University of New South Wales in Sydney, questions whether starting ARV treatment even earlier, at a CD4 count above 500 for instance, may bring life expectancy even closer to normal. Dr. Cooper hopes that the international Strategic Timing of Anti-Retroviral Treatment (START) clinical trial, which is investigating earlier initiation of ARV treatment, will provide the answer.

Results from a larger European study, reported at the 17th Conference on Retroviruses and Opportunistic Infections (CROI) in February 2010, also suggest “near normal” survival among people living with HIV who keep their CD4 counts above 500 cells for at least three years. 

## Being Alive + Antioch University = Antioch Alive

Being Alive is partnering with Antioch University's LGBT specialization program to offer Mental Health Services at our West Hollywood office.

We have Master's level Psychotherapy trainees offering Individual, Family, Couple, and Group Psychotherapy to anyone who is living with HIV/AIDS. In addition to their LGBT Specialization, they will have also undergone five weeks of classes in HIV Education and Cultural Sensitivity.

Contact Being Alive for more information.

# Q&A: HIV/AIDS and the Flu

Human immunodeficiency virus (HIV) is the virus that causes acquired immune deficiency syndrome (AIDS). HIV kills or damages cells in the body's immune system, gradually destroying the body's ability to fight infection and certain cancers. CDC estimates that 1.1 million people are living with HIV/AIDS in the United States.

People with HIV/AIDS are considered at increased risk from serious influenza-related complications. Studies have shown an increased risk for heart- and lung-related hospitalizations in people infected with HIV during influenza season as opposed to other times of the year, and a higher risk of influenza-related death in HIV-infected people. Other studies have indicated that influenza symptoms might be prolonged and the risk of influenza-related complications is higher for certain HIV-infected people. Vaccination with a flu shot has been shown to produce an immune response against influenza viruses in certain people infected with HIV.

Because influenza can result in serious illness, HIV-infected people are recommended for vaccination. To help you prepare for the flu this season, this fact sheet provides questions and answers to guide the administration of both flu shots and antiviral medications to people with HIV/AIDS.

## Should people with HIV/AIDS receive the inactivated influenza vaccine?

People with HIV/AIDS are considered at increased risk from serious influenza-related complication and should receive inactivated influenza vaccine (the flu shot). People with advanced HIV disease may have a poor immune response to vaccination. Therefore, pre-exposure chemoprophylaxis (use of antiviral medications to prevent influenza) may be considered for these patients if they are likely to be exposed to people with influenza.

## Are there people with HIV/AIDS who should not receive the inactivated influenza vaccine?

Contraindications to the use of inactivated influenza vaccine (the flu shot) in people with HIV/

AIDS are the same as those for people without HIV/AIDS.

There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.
- Children less than 6 months of age (influenza vaccine is not approved for this age group)
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.), and
- People with a history of Guillain-Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine. Tell your doctor if you ever had GBS. Your doctor will help you decide whether the vaccine is recommended for you.

## Should people with HIV/AIDS receive the nasal-spray flu vaccine (Live Attenuated Influenza Vaccine (LAIV—FluMist))?

No. People with HIV/AIDS and people with other medical conditions (such as asthma, diabetes, or heart disease) are not recommended to receive the LAIV. LAIV contains a weakened form of the live influenza virus. LAIV is approved for use only among healthy\* people 2–49 years of age who are not pregnant.

## Should people with HIV/AIDS receive influenza antiviral medications for treatment of influenza?

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example people who are in the hospital) and people who are sick with flu and who have a greater chance of getting serious flu complications, such as people with HIV/AIDS.

Studies have shown that flu antiviral drugs work best for treatment if they are started within two days of getting sick. There may still

be benefit in treating people with antiviral drugs even after two days have gone by, especially if the sick person has a greater chance of serious flu complications or if the person has certain symptoms (such as shortness of breath, chest pain/pressure, dizziness, or confusion) or is in the hospital because of the flu.

## When should people with HIV/AIDS receive antiviral medications for chemoprophylaxis (prevention of influenza)?

People with HIV/AIDS should be prescribed antiviral medications to prevent infection with influenza when they cannot otherwise be protected during times when there is a high risk for exposure to influenza. Use should be in accordance with current recommendations from CDC or local public health authorities. Current CDC guidance on use of chemoprophylaxis should be consulted, and updated recommendations from CDC can be found on the Seasonal Influenza (Flu) and 2009 H1N1 influenza Web sites.

There are no published data on interactions between anti-influenza agents such as amantadine and rimantadine and drugs used in the management of HIV infected people. Patients should be observed for adverse drug reactions to anti-influenza chemoprophylaxis agents, especially when neurologic conditions or renal insufficiency is present.

## Should health care workers who have contact with HIV/AIDS patients be vaccinated?

Influenza vaccination is recommended for health-care workers, including those who are involved in direct care of HIV-infected patients. More information about vaccination of health-care workers can be found in *Prevention and Control of Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2010*. Healthcare workers who are healthy\*, less than 50 years of age, and are not pregnant may receive the nasal-spray flu vaccine LAIV (FluMist).

\* "Healthy" indicates people who do not have an underlying medical condition that predisposes them to influenza complications. <sup>10/2010</sup>

# Advice to a Young Man Newly Diagnosed with HIV

BY BRENDEN SHUCART

When I tested positive in the spring of 2005 it felt like the end of the world. HIV was this boogie man that I had been taught to hate and fear since before I really understood how sex worked, and suddenly this monster was inside of me. I was sure that I had been handed a death sentence. Not only was I going to die, there was a part of me that wanted to die. Because who could love a man with a monster living inside of him? How could such a man ever find happiness? That was almost seven years ago, and my life clearly isn't "over." I have great friends, an adorable dog, and an awesome fella who loves me. But to get here I had to walk a long hard road littered with guilt, depression, and more than a little self destructive behavior. It's my hope that the advice below, lessons learned the hard way, might make your life a little easier.

1. Your life has become more complicated, but it isn't over. In fact I'm happier and healthier than I've ever been. Which isn't to say having HIV is "easy," it isn't. There are pills to take, and doctors to visit, and more than a few awkward conversations ahead of you. It's gonna be some work, and at times it going to suck, but it's manageable.

2. Go to the doctor. After getting tested, this is probably the single biggest hurdle facing the newly diagnosed. I know how intimidating that first doctor's visit can be, but it is the first step to taking control of your health and your life. Your testing facility probably directed you to a doctor in your area, if not your local LGBT center should be able to direct you (if you don't have a local LGBT center, please consider point of advice #7). After your diagnosis you are probably going to be in a state of semi shock for a while (i think mine lasted months) so bring a note pad to your first visit and/or ask the doctor if you can record the meeting so you can go over it again later. You should also be prepared to give blood, lots of blood. Get used to it, this is going to be a regular event.

3. Decide if meds are right for you. Some people want to put off taking antiretroviral

drugs as long as possible, and others might start medication right away. Unless your numbers are bad (i.e. your viral load is very high, or your T-cell count is very low) the choice will be largely up to you. This can be a very contentious issue, with both camps making very passionate cases. I started taking meds almost a year after my diagnosis, largely because I was in a relationship with an HIV negative man, and i wanted to minimize his risk. But this is a very personal choice that should be made between you and your doctor, and i would never presume to advise anyone one way or the other.

If you do decide to start taking meds, remember that it's a commitment. To be really effective your pills will need to be taken every day and a regular time. If you skip days, or take your medication erratically your virus could adapt and your doctor will have to put you on a different (often more complicated/pill heavy) regimen.

And don't let poverty or a lack of insurance keep you from treating your HIV. ADAP (the AIDS Drugs Assistance Program) was designed with us poor kids in mind. But be advised, many states have waiting lists (see #7).

4. Decide who to tell, and when. As far as I'm concerned you have an ethical obligation to disclose your HIV status before having sex with them (and in many places, a legal obligation), even if you are using a condom and you have an undetectable viral load. If you don't disclose, and they find out (and they will), they will feel betrayed. Which will be all the more agonizing for everyone involved if you guys have started to have feelings for one another.... You should also tell anyone you've had sex with in the last few months, even if you think they have nothing to worry about. The conversations might be awkward, but they will most likely appreciate the heads up. Other than that don't feel any pressure to tell your friends or family until you are ready. But know that it is in people's nature to talk. So once you start telling people, word will get around.

5. Be prepared for rejection. It's shitty, and it hurts, but it will happen. And when it does try and understand that it's not you he's rejecting. He's (probably) not a bad guy, he's just scared.

6. Find your peers. I know how scary and isolated you feel right now, but you are not alone. Seek out other poz folk who you can relate to, who you can talk to. Any fair sized city will have multiple groups you can join. Check with your LGBT center (and once again, if there isn't a LGBT center close by, consider item #7)

7. Consider making a move to a big city. I would say this to any HIV+ person living in any area to rural or impoverished to have a LGBT center, even if your state doesn't have a waiting list for ADAP. Any urban center with a high concentration of gay men will; Los Angeles, New York City, or the San Francisco Bay Area have the largest poz populations and the best facilities for dealing with HIV health issues.

8. Don't let the virus get past you. As devastating as it is to find out you are HIV+, that's fuck-all compared to the guilt and heartbreak of knowing you gave it to someone you love. Having HIV is a serious responsibility, and we have a sacred duty to keep it out of the bodies of our loved ones, and our community.

9. Forgive. Forgive the one who gave it to you, and forgive yourself. This is the way things are now, and no amount of anger or blame is going to change that.

10. Have hope. Not only has one man been functionally cured of HIV, there are several potential (more practical) cures over the horizon. This is an amazing time to be alive! And I have every hope that we will see the end of AIDS in our lifetime. Until then, take care of yourself, and let the people who love you take care of you too. 🙌

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*Brenden Shucart is a blogger who lives in Los Angeles. He's also on the board of Project Inform. Go to [The Gentleman Adventurer's Guide \(brightyounggentlemen.blogspot.com\)](http://TheGentlemanAdventurer'sGuide(brightyounggentlemen.blogspot.com)) to read more.*

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# 2012 Changes in Social Security and Medicare

BY JACQUES CHAMBERS

Congress passed statutes some years back that automatically provided for changes in costs and benefits to Social Security and Medicare beneficiaries, affecting everything from Cost of Living Adjustments (COLA) to setting the premiums and co-payment levels for the various parts of Medicare. The law automatically ties these changes to increases in the Consumer Price Index (CPI) which effectively takes political issues out of the rate setting process.

Because inflation has been so low over the past several years, there has been no increase in benefits and few changes elsewhere. This year, however, is different.

As most of you have probably heard, people receiving Social Security benefits, whether it is retirement, disability, survivors, or dependents, are receiving a 3.6% increase in their benefits. The change is effective December 1 so that the changes will be first seen in the payments sent out in January 2012. This will result in a monthly increase of \$43 for the average retired worker, \$39 for the average disability beneficiary, and \$64 for the average disabled worker with a spouse and one or more children.

The adjustment will affect more than benefits. For example: the maximum earnings subject to FICA payroll taxes increases from \$106,800 to \$110,100; the amount of earnings needed to earn one Social Security credit (formerly called quarters) goes from \$1,120 to \$1,130; Substantial Gainful Activity (the amount a person on disability can earn without affecting his or her benefits) goes from \$1,000 to \$1,010 per year. Other changes can be found at [www.ssa.gov](http://www.ssa.gov).

## Medicare Changes for 2012

In addition to changes caused by the 3.6% inflation adjustment, the implementation of provisions of the 2010 Affordable Care Act are affecting Medicare in 2012 as well.

First, the Medicare Advantage Change period formerly from January 1 through March 31 is now The Medicare Advantage *Disenrollment* Period. It only lasts from January 1 through Feb-

ruary 14, and only permits people in a Medicare Advantage Plan to switch to original fee-for-service Medicare, and add Part D coverage if they had drug coverage prior.

The Medicare premiums, deductibles, and many co-pays will change January 1, 2012 as well.

**Part A—Hospital Coverage** Most Medicare beneficiaries paid into the Medicare system

while working enough to receive Part A coverage without having to pay any premium. Others, however, who haven't worked the full 40 quarters/credits necessary for no premium, must pay all or a portion of the Part A premium. People who earned at least 30 quarters/credits will pay \$248, and for those with less the Part A premium will be \$451 per month.

Service	You Pay
Blood	In most cases, the hospital gets blood from a blood bank at no charge, and you won't have to pay for it or replace it. If the hospital has to buy blood for you, you must either pay the hospital costs for the first three units of blood you get in a calendar year or have the blood donated.
Home Health Care	<ul style="list-style-type: none"> <li>• \$0 for home health care services</li> <li>• 20% of the Medicare-approved amount for durable medical equipment</li> </ul>
Hospice Care	<ul style="list-style-type: none"> <li>• \$0 for hospice care</li> <li>• A copayment of up to \$5 per prescription for outpatient prescription drugs for pain and symptom management</li> <li>• 5% of the Medicare-approved amount for inpatient respite care (short-term care given by another caregiver, so the usual caregiver can rest)</li> </ul> <p>Medicare doesn't cover room and board when you get hospice care in your home or another facility where you live (like a nursing home).</p>
Hospital Inpatient Stay	<ul style="list-style-type: none"> <li>• \$1,156 deductible per benefit period</li> <li>• \$0 for the first 60 days of each benefit period</li> <li>• \$289 per day for days 61-90 of each benefit period</li> <li>• \$578 per "lifetime reserve day" after day 90 of each benefit period (up to a maximum of 60 days over your lifetime)</li> </ul>
Skilled Nursing Facility Stay	<ul style="list-style-type: none"> <li>• \$0 for the first 20 days each benefit period</li> <li>• \$144.50 per day for days 21-100 each benefit period</li> <li>• All costs for each day after day 100 in a benefit period</li> </ul>

**Part B—Medical Coverage** The monthly premium for Part B coverage varies according to the beneficiary's income. Also, those beneficiaries whose coverage started within the past few

years may see their premiums reduce. The rate you pay will be based on your modified adjusted gross income as reported on your IRS tax return from two years ago:

If Your Yearly Income in 2010 was

File Individual Tax Return	File Joint Tax Return	You pay
\$85,000 or less	\$170,000 or less	\$99.90
above \$85,001 up to \$107,000	above \$170,001 up to \$214,000	\$139.90
above \$107,001 up to \$160,000	above \$214,001 up to \$320,000	\$199.80
above \$160,001 up to \$214,000	above \$320,001 up to \$428,000	\$259.70
above \$214,000	above \$428,000	\$319.70

The benefits under Part B will be:

Service	You Pay
<b>Deductible</b>	<b>\$140 per year.</b>
Blood	In most cases, the provider gets blood from a blood bank at no charge, and you won't have to pay for it or replace it. However, you will pay a copayment for the blood processing and handling services for every unit of blood you get, and the Part B deductible applies. If the provider has to buy blood for you, you must either pay the provider costs for the first 3 units of blood you get in a calendar year or have the blood donated by you or someone else. You pay a copayment for additional units of blood you get as an outpatient (after the first 3), and the Part B deductible applies.
Clinical Laboratory Services	\$0 for Medicare-approved services.
Home Health Services	\$0 for Medicare-approved services. You pay 20% of the Medicare-approved amount for durable medical equipment.
Medical and Other Services	20% of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy*, and durable medical equipment.
Mental Health Services	40% of the Medicare—Allowable Amount* for most outpatient mental health care.
Other Covered Services	copayment or coinsurance amounts.
Outpatient Hospital Services	a coinsurance (for doctor services) or a copayment amount for most outpatient hospital services. The copayment for a single service can't be more than the amount of the inpatient hospital deductible.

\*Remember that if your physician accepts "Medicare Assignment" you are only liable for 20% of the Medicare-approved Amount regardless of what the doctor normally charges or bills you.

*NOTE: All Medicare Advantage Plans must cover the services listed above. Costs vary by plan and may be either higher or lower than those noted above. Review the Evidence of Coverage from your plan.*

**Part D—Prescription Medications** For the first time, people with higher incomes will

pay higher premiums for Part D plans as they do for Part B. This may be confusing for people who pay directly without having the premium taken out of their Social Security payments. This is because the surcharge over and above the plan's "normal" premium, must make two payments each month, the normal premium to the insurance company and the surcharged cost to Social Security.

If Your Yearly Income in 2010 was

File Individual Tax Return	File Joint Tax Return	You pay
\$85,000 or less	\$170,000 or less	Your Plan Premium
above \$85,001 up to \$107,000	above \$170,001 up to \$214,000	\$11.60 + Your Plan Premium
above \$107,001 up to \$160,000	above \$214,001 up to \$320,000	\$29.90 + Your Plan Premium
above \$160,001 up to \$214,000	above \$320,001 up to \$428,000	\$48.10 + Your Plan Premium
above \$214,000	above \$428,000	\$66.40 + Your Plan Premium

Everyone who is covered under a stand-alone drug plan with original or fee-for-service Medicare should review their drug plan by comparing the drug plans based on the medications they are currently taking at [www.medicare.gov](http://www.medicare.gov) to make sure the plan they are on is still the best program for them. 

*Jacques Chambers, CLU, is a Benefits Counselor in private practice with over 35 years experience in health, life and disability insurance and Social Security disability benefits. He can be reached by phone at 323.665.2595, by e-mail at [jacques@helpwithbenefits.com](mailto:jacques@helpwithbenefits.com), or through his Web site at [www.helpwithbenefits.com](http://www.helpwithbenefits.com).*

# The Young & The Restless

A fun support group for those newly-diagnosed or "newly-identified" under-35 with an emphasis on coping skills, education, and emotional well-being. Co-facilitated by peers; with skill-building exercises, activities, and referrals.

**THURSDAYS 7:00–9:00PM  
BEING ALIVE GREEN ROOM**

# HIV/AIDS SPECIALISTS

We invite all HIV/AIDS specialists to mail or e-mail your information to us. Please indicate what insurances you do and do not accept, as well as your address, phone numbers and e-mail.

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323.857.2064  
HIV/AIDS specialist. Not accepting new patients currently, but will help new patients navigate the Kaiser system.

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604 Rose Ave  
Venice, CA 90291  
310.664.7607  
fax 310.664.7676  
Free comprehensive medical facility servicing the poor and uninsured populations of West Los Angeles.

## MENTAL HEALTH SPECIALISTS

Barry Cardiner, MA, MBA, MFT  
8430 Santa Monica Blvd, Ste 100  
West Hollywood, CA 90069  
Lic # MFT34301  
323.874.1967  
HIV+ psychotherapist. Accepts most PPO, POS insurance. Specialty areas: HIV issues, depression, abuse, addiction and recovery, relationships, grief.

Erin T. Childs, MA, LMFT  
11650 Riverside Dr, Ste 7  
Studio City, CA 91602  
818.985.4200  
etchilds@sbcglobal.net  
Accepts most insurance plans, indemnity and PPO. Individuals and couples therapy. Issues of illness/wellness, addiction and mood disorders. Solution-focused.

Terence Ford, MA, Registered Intern  
Located near Melrose and La Cienga  
213.400.3474  
Low-fee, individual psychotherapy. A calm, intelligent environment to work through your issues, whether HIV-related or not. Free initial consultation. Special low fee of \$40 if you mention Being Alive. Supervised by Dr. Steven Isaacman.

Payam Ghassemlou, MFT, PhD  
9056 Santa Monica Blvd, #205  
West Hollywood, CA 90069  
310.801.2927  
Gay male therapist, works with people with HIV and their significant others. Bilingual, accepts most insurance plans, no Medi/Medi.

Richard Gollance, LCSW, MSG  
12402 Ventura Blvd, 2nd Fl  
Studio City, CA 91604  
818.503.7300  
Psychotherapy. Primary focus: gay men in mid-life and beyond.  
Ken Howard, LCSW  
8430 Santa Monica Blvd, Ste 100  
West Hollywood, CA 90069  
310.726.HELP (4357)  
www.gaypsychotherapy.com  
Openly gay and HIV+ counselor. Psychotherapist. Life Coach. Helping gay men achieve their goals in career and relationships. Sixteen years experience working in HIV. Free, brief initial phone consultation. Fees negotiated individually. Insurance forms provided.

Luis O. Jarquin, Jr., MA, LMFT, Lic#41743  
3350 E Birch St, Ste 100  
Brea, CA 92821  
714.528.9335  
Individual, couple and family therapy; relationship difficulties; disclosure; coping with diagnosis; depression and anxiety.

Christopher Lawver, MA, MFT, Lic#40090  
323.481.2090  
www.ChrisLawver.com  
Long-time advocate for affirming counseling for HIV and AIDS. I offer a sliding scale and accept most insurance plans.

Ronald Carey Rambo, LCSW, BCD  
711 E Walnut St, #309  
Pasadena, CA 91101  
626.821.4063  
225 S Civic Dr, #212  
Palm WINTERS, CA 92262  
760.832.6701  
Solution-focused individual, couple, and family therapy. Specialties include HIV issues, gay identity, addiction/recovery, mood disorders, relationships. Accepts most insurance plans.

Matthew Silverstein, PhD, MFT  
8235 Santa Monica Blvd, Ste 309  
West Hollywood, CA 90046  
310.842.6124  
e-mail: MSilversteinMFT@aol.com  
Specialty areas include gay identity, HIV/AIDS issues, addiction recovery, dream work, spirituality. Sliding fee scale and able to accept most insurance (not Medi/Medi).

Fred Wilkey, EdD  
Clinical Psychology  
PSY8380  
9056 Santa Monica Blvd, Ste 306A  
West Hollywood, CA 90069  
310.659.4455  
Successful short-term therapy. Accepts Medicare and most insurance.

Tony Zimbardi, PsyD, MFT  
Gay Male HIV+ Psychotherapist  
323.851.1304  
Enhance your quality of life. Dating, drugs, depression, anxiety are all common issues we have as poz men. I can help.

## BENEFITS COUNSELOR

Jacques Chambers, CLU  
Benefits Consultant and Counselor  
Chambers Benefits Consulting  
2658 Griffith Park Blvd, #290  
Los Angeles, CA 90039-2520  
323.665.2595 or 888.739.2595  
www.HelpWithBenefits.com

# UPCOMING ACTIVITIES AT BEING ALIVE

Call Being Alive at 323.874.4322. We're located at 7531 Santa Monica Boulevard, Suite 100, West Hollywood.

## Being Alive Board Meetings

The Being Alive Board of Directors meetings for 2011 will be held monthly. If you would like to attend, call for more information.

## The Young and the Restless

**Thursdays • 7:00–9:00pm**

A new support group for the young and newly poz. All are welcome, but the focus are on the newly diagnosed and under 30. Topics include emotional and physical well-being, risk reduction and disclosure, HIV 101 and basic information, treat adherence, communication skills, and fellowship. Call Being Alive for more information.

## Psychotherapy by appointment

**10:00am–9:00pm**

Licensed psychotherapy intern provides one-on-one and couples therapy. Call Being Alive for appointment.

## Positively New

**Wednesdays • 7:30–10:00pm**

For newly diagnosed or newly identified HIV+ within the past three years. Get emotional support, discuss medical issues, and topics relevant to a new diagnosis. Facilitated by Brian Risley, lead treatment educator for APLA. Call 213.201.1547.

## Silver Lake Meet-and-Greet Support Group

**Fridays • 7:00–9:00pm**

All those interested in attending a Being Alive peer support group in the Silver Lake area please contact Being Alive.

## Positive Reactions West

**Wednesdays • 7:00–9:00pm**

At Being Alive. A small drop-in group in a safe, honest place to discuss issues and meet others dealing with HIV. Call Being Alive.

## Ceramics and Pottery

**Call Being Alive for location**

**Saturdays, Sundays, Mondays • 12:00 noon**

Learn ceramics and wheel-throwing. Beginners to advanced are welcome.

## Yoga

### Beginning Yoga

**Tuesdays, Thursdays • 3:00pm**

At Being Alive in the Meditation Room. Call to make an appointment.

**Saturdays • 10:30am**

Call for location.

## Healing Touch

**by appointment**

**Thursdays • noon–5:00pm**

Alternative healing by hands-on and energy-based techniques. Call Being Alive for appointment.

## Hypnotherapy

**Thursday**

By Dean L. Williams, CHT. Call 877.667.5844.

## Speaker's Bureau

Spread the word about prevention, treatment, living with HIV/AIDS. For more information, call Colin at 310.739.6504.

## Acupuncture Services

**by appointment**

**Mondays • 1:30–4:30pm**

**Every other Tuesday • 10:00am–1:00pm**

**Wednesdays • 10:30am–5:00pm**

**Thursdays • 10:00am–1:00pm**

**Every other Thursday • 3:00–6:00pm**

Treatment for a range of conditions including pain management, neuropathy and other side effects, addictions, stress, headaches, and allergies. Call Being Alive for appointment.

## Chiropractic Services

**Fridays • 1:00am–4:00pm**

Back and body adjustments. No appointment necessary. New clients, or clients who have not contracted chiropractic services in more than a year, must come in at noon to fill out paperwork.

# BEING ALIVE SUPPORT GROUPS

Our goal is to provide a safe and confidential space where everyone can express themselves in an atmosphere of mutual respect and encouragement.

## TUESDAYS

**New Focus Group Forming** 7:00–9:00pm.  
Open to all who are HIV+. Facilitated by John Balma. Call or e-mail johnatbeingalive@gmail.com for more information.

## WEDNESDAY

**Wise Guys** 7:00–9:00pm. Being Alive West Hollywood (Being Alive Green Room). Co-facilitated. A drop-in group for men over 35 in a safe, honest place to discuss issues and meet others dealing with HIV. Call Being Alive for more information.

**Positively New** 7:30–10:00pm. 1300 N Vermont Ave. (Doctor's Building 2nd floor Conference Room). Facilitated by Brian Risley, Lead Treatment Educator for APLA at 213.201.1547. A fairly large support group for those who are newly diagnosed or newly identify HIV+ within the past three years. Get emotional support, discuss medical issues and topics relevant to a new diagnosis.

## THURSDAY

**The Young and the Restless** 7:00–9:00pm. A new support group for the young and newly poz. All are welcome, but the focus are on the newly diagnosed and under 40. Topics include emotional and physical well-being, risk reduction and disclosure, HIV 101 and basic information, treat adherence, communication skills, and fellowship. Call Being Alive for more information.

## FRIDAY

**Silver Lake Meet-and-Greet Support Group** 7:00–9:00pm. An emotional and social support group in Silverlake area for HIV+ men to discuss current issues and solutions to life with HIV. Contact Being Alive for more information.

## LOCAL RESOURCES

ACLU Lesbian & Gay Rights: 213.977.9500 x237  
Aid for AIDS: 323.656.1107  
AIDS Healthcare Foundation: 888.AIDSCARE  
AIDS/HIV Discrimination Unit, LA City Attorney's Office:  
213.978.2128  
APLA: 213.201.1600  
AIDS Research Alliance: 310.358.2423  
AIDS Service Center: 626.441.8495  
AIDS Services Foundation/Orange County: 949.809.5700  
Asian/Pacific AIDS Intervention Team: 213.553.1830  
Being Alive San Diego: 619.291.1400  
Beth Chayim Chadashim: 323.931.7023  
Bienestar Hollywood: 323.660.9680  
Clean Needles Now: 213.483.5366  
Common Ground, the West Side HIV Community Center:  
310.314.5480  
Congregation Kol Ami: 310.248.6320  
CVS Pharmacy: 310.659.9810  
Deaf Women Outreach: 323.478.8000 (TTY or voice)  
Discount Medical Pharmacy: 323.661.8366

East Valley Community Health Center:  
West Covina: 626.919.5724;  
Pomona: 909.620.8088  
Foothill AIDS Project: 909.482.2066  
HALSA: 213.637.1690  
Jeffrey Goodman Special Care Clinic (GLCSC):  
323.993.7500  
Jewish Family Services HIV/AIDS Program: 323.761.8800  
LA Gay and Lesbian Center: 323.993.7400  
The Life Group LA: 888.208.8081  
Los Angeles Free Clinic: 323.653.1990  
Los Angeles Patients & Caregivers Group: 323.882.6033  
Minority AIDS Project: 323.936.4949  
Narcotics Anonymous Hotline: 800-todayna  
National AIDS Hotline: 800.227.8922;  
800.344.7432 (en Español);  
800.243.7889 (TTY)  
The New Hope Learning Center: 213.251.8474  
North East Valley Clinic: 818.988.6335  
PAWS (Pets): 213.741.1950

Peer Education Program: 323.651.9888  
Project Angel Food: 323.845.1800  
Project Inform: 800.822.7422  
Rue's House: 323.295.4030  
South Bay Family Health Care Center: 310.318.2521 x236  
Spanish Language AIDS Hotline: 800.400.7432  
(SIDA) toll-free Southern California only  
Tarzana Treatment Center HIV-Mental Health Project:  
818.342.5897  
THE Clinic: 323.295.6571  
USC AIDS Clinical Trials Unit: 323.343.8288  
Valley Community Clinic: 818.763.8836  
Van Ness Recovery House: 323.463.4266  
WeHoLife.org: 323.860.7323  
Wellness Works Community Health Center: 818.247.2062  
West Hollywood Community Housing Corporation:  
323.650.8771 x2  
Whittier Rio Hondo AIDS Project: 562.698.3850  
Women Alive Coalition: 323.965.1564  
Zahn Emergency Shelter: 213.438.1619

# COMMUNITY BULLETIN BOARD

Notices for this Bulletin Board and the preceding Support Group sections should be submitted to Kevin Kurth via Community Bulletin Board, *% Being Alive* Newsletter, 7531 Santa Monica Boulevard, West Hollywood, California 90046; or send e-mail to [Kevin@BeingAliveLA.org](mailto:Kevin@BeingAliveLA.org); or send fax to 323.969.8753. Please be concise and indicate if there is a fee. Please also renew notices every six months.

## MORE SUPPORT GROUPS

### WHITTIER HIV+ GROUP

Whittier Rio Hondo AIDS Project (WRHAP) offers this group for all people with HIV. An open support group. Every other Saturday 10am–noon. For info, call Elizabeth Mendia at 562.698.3850. 6/2008

### SPECTRUM / PASSPORT TO CARE

Various support groups. Yoga: Mondays 10:30am–noon, Building L. Relapse prevention workshop: Tuesdays 10:30am–noon, Building L. Heterosexual support group: Wednesdays 10:30am–noon, Building K. Food pantry: Thursdays 10am–5pm, Building L. Women's support group: Thursdays 11:30am–1pm, Building M. Soul food men's support group: Thursdays 4–5:30pm, Building N. Movie night: first and third Thursdays 6–8:30pm, Building L. Cocaine anonymous: Fridays 10:30am–noon, Building M. Grupo universal: Fridays 5–6:30pm, Building L. For more information call front desk at 323.563.4939. 11/2007

### SOUTH BAY FAMILY HEALTHCARE CENTER

Comprehensive HIV/AIDS social service support—case management, mental health, prevention education, HOPWA, short-term rental assistance. Call Joanne Silva at 310.318.2521 x1422. 11/2007

### TARZANA TREATMENT CENTER—HIV MENTAL HEALTH PROJECT

Support groups: HIV support, yoga, relapse prevention group, self-help, vocational counseling, and mental health counseling. For info, call Carol Bishop at 818.342.5897 x2195. 11/2007

### SHABBAT LUNCH AND JEWISH HIV SUPPORT GROUP AT CONGREGATION KOL AMI

Come and schmooze and eat with fellow Jewish HIVers at Congregation Kol Ami in West Hollywood. We provide a safe, nurturing Jewish environment to talk about life with HIV, Jewish life, and life in general. 1200 North La Brea Avenue, West Hollywood. Call for time and date of next meeting. Reply in confidence to Rabbi Denise Eger at [rabbid@kolami.org](mailto:rabbid@kolami.org), or 323.606.0996, x100. 12/2006

### APLA SUPPORT GROUPS

The following groups are ongoing and offered through APLA's Mental Health Services: HIV/AIDS Gay Male, HIV/AIDS Heterosexual, Substance Use and HIV, and Mono-lingual Spanish-speaking HIV/AIDS. For information in English and Spanish, call Walter Campos at 213.201.1621. 4/2006

### METH AND GAY MEN

Feeling out-of-control? Having trouble finding intimacy? Promising to quit but using anyway? Worried that you need meth to have hot sex? On-going psychotherapy group meeting weekly for men concerned about crystal meth, sex, and intimacy. Conveniently located in Hollywood, this closed therapy group explores issues and feelings in a safe, confidential setting, Monday, 7–8:30pm. For more information, contact Glen at 323.993.7655, or Andre at 323.860.5804. Sponsored by the LA Gay & Lesbian Center. 2/2006

### SPIRITUAL SUPPORT DROP-IN GROUP

For people living with HIV/AIDS or cancer, or dealing with grief or imprisonment. One-on-one spiritual support, primarily Catholic. Can make inter-faith referrals. For info, call 323.225.4461. 5/2004

### BIENESTAR

Bienestar Human Services offers a variety of services and support groups for the Latino community, HIV+ client services, and HIV– prevention programs. Call Miguel Gonzalez at 323.727.7897. 5/2004

### CHURCH OF THE VALLEY HIV+ SUPPORT GROUP

Thursdays, 6:30–8:30pm, Disciples of Christ Church, 6565 Vesper, Van Nuys. 818.786.4070. 5/2004

### COMMON GROUND

HIV/AIDS drop-in support group for women and men, Mondays, 12:30–2pm; free; lunch is served. Gestalt Therapy Group, Thursday nights, 5:30–7pm, actively recruiting mem-

bers. Women's drop-in group, second and fourth Thursdays of the month, 12:30–1:30pm. Spanish-speaking drop-in group, Wednesdays, 10–11:30am. Call 310.314.5480. 5/2004

### ALTAMED SUPPORT GROUP

For men and women living with HIV/AIDS. Meets Tuesdays from 2–3pm at AltaMed in Pico Rivera. For more information, call 562.949.8717. 12/2003

### POSITIVES IN SOBRIETY

Open AA meeting for people affected by HIV. Meets every Sunday, 6pm. Great Hall in Plummer Park, Vista St., between Fountain and Lexington in West Hollywood. 323.656.0829. 12/2003

### HIV BY THE BOOKS

Open AA meeting. Intimate book study for people dealing with HIV/AIDS issues. Meets every Friday, 7:15pm at Being Alive. 323.656.0829. 12/2003

### LONG BEACH POZ PEERS

Social support group for HIV+ guys who want to meet other HIV+ guys. Contact David at 562.272.8810. 7/2003

### FOUND SOBRIETY CRYSTAL METH ANONYMOUS

7pm. 11321 Camarillo St. (upstairs), North Hollywood, CA 91602. Go to [www.crystalmeth.org](http://www.crystalmeth.org) for more information. 1/2003

### PASADENA AIDS SERVICE CENTER

Support groups including Living Positive, HIV Symptomatic, Newly Diagnosed Group, Teen Group, HIV+ Spanish Women, Journaling Group, and Gay Men Over 45 Group. 1030 S. Arroyo Parkway, Pasadena. Call 626.441.8495: Jody Casserly, LCSW, x144. 8/2002

### NA HIV+

Thursdays at 8:30pm. HIV+ and gay narcotics anonymous meeting. Members share their experience, strength, and hope that they and others may recover from the disease of addiction. HIV+ focused. Many new-comers at this meeting. 1919 N. Beachwood Dr., Los Angeles. For more information, call 323.850.1624. 6/2002

### MINORITY AIDS PROJECT

Minority AIDS Project sponsors a variety of support groups for people of color. Call 323.936.4949. 9/2000

## GRUPOS Y NOTICIAS EN ESPAÑOL

### BIENESTAR

Bienestar Human Services offers a variety of services and support groups for the Latino community. HIV+ client services and HIV-negative prevention programs. Call Miguel Gonzalez at 323.727.7897. 11/2007

### PROJECT ANGEL FOOD

Project Angel Food es una organización que provee comidas para las personas que viven con VIH/SIDA. Nuestros servicios están disponibles para personas que viven en nuestras áreas de servicio y que están oficialmente diagnosticado con el SIDA o VIH sintomáticos. Para recibir servicios, llame el 323.845.1810. 8/2001

### ALTAMED GRUPOS DE APOYO EN ESPAÑOL

Todos los miercoles de 6–8pm le ofrecemos un grupo para hombres y tambien otro grupo para mujeres. Para mayor informacion: Juan—323.869.5403. 2/2001

## WOMEN'S SERVICES

### THE SERRA PROJECT/CASA DE LA MADONA Y EL NIÑO

A home for women and children living with AIDS and HIV. RN and MSW case management, medical transportation, bilingual—English/Spanish, family preservation and reunification. Call Martha Aldreta at 323.342.0705. 4/2008

### PROTOTYPES WOMENSCARE

Complete medical treatment, follow-up, and case management, education available at WomensCare Center, Queen of

Angels/Hollywood Presbyterian. No fee, childcare available. 1300 N. Vermont, Ste. 401. Call Andrea Jackson 323.662.7420. East LA location: 5427 E. Whittier Blvd., Los Angeles 90022. Call Yolanda Salinas 323.869.5467. 11/2007

### ESCAJEDA WOMEN'S CLINIC

Comprehensive health services for women with HIV/AIDS regardless of ability to pay. General and specialized HIV health care includes GYN services. Social Worker. Psychiatric services. English/Spanish speaking staff. For info, call 626.744.6140. Pasadena location. 12/2003

### T.H.E. CLINIC FOR WOMEN, INC.

Offers specialized services for women living with HIV. Early intervention program, HIV testing. Staff speaks ten languages. Call Nola Thomas for information or appointments: 323.295.6571 x3109. 9/2000

## LEGAL SERVICES

### HALSA

A collaborative effort of AIDS Service Center, the L.A. County Bar Barristers, AIDS Project, the L.A. Gay & Lesbian Center, and Public Counsel. HALSA provides legal assistance in a variety of areas including bankruptcy, benefits, employment, housing, wills, powers-of-attorney to low-income people living with HIV, as well as comprehensive pro bono referrals. For more info, call 213.2637.1022. 4/2006

### INSURANCE

Supplemental health and life insurance, serving our community. Contact Glenn at 818.774.1556 x33, or [Glenn\\_Zorn@us.afiac.com](mailto:Glenn_Zorn@us.afiac.com). 9/2004

### NOTARY PUBLIC

I live a few blocks from Being Alive in West Hollywood. Services are free if we can arrange a time to meet there. You can also come to my home on Palm Avenue and pay the regular \$10, or I can come to your place in West Hollywood for \$15. Call Michael at 310.659.4299. 2/2002

## MEDICAL SERVICES

### HIV OCULAR SPECIALIST

Lee Dodge, OD. 14429½ Ventura Blvd, Sherman Oaks, CA 91423. 818.783.8750. Fax 818.783.8779. [lee@drdodgeod.com](mailto:lee@drdodgeod.com). [www.drdodgeod.com](http://www.drdodgeod.com). Accepts most PPO plans and Medicare. 6/2008

### NORTHEAST VALLEY HEALTH CORP

Confidential comprehensive medical services for HIV/AIDS provided in English and Spanish at low or no cost in the SF Valley. Call Stefen Ruiz at 818.988.6335. 6/2008

### UCLA CARE CLINIC

The UCLA Care Center conducts clinical research in HIV disease management, new medications, metabolic complications, prevention and therapeutic vaccines, opportunistic infections, AIDS-related cancers and co-infections. Contact Deon Claiborne at 310.557.9062. Provides specialty HIV care to those with private insurance, Medicare, or Medicare and Medi-Cal combined. Contact Mike Marcial at 310.557.2273. 11/2007

### CHIROPRACTIC CARE

Spinal adjustments available for \$10 by appointment for HIV+ people who are uninsured and not working. Other services available. Brian Smith, DC, 8235 Santa Monica Blvd., Ste. 218, West Hollywood. 323.656.2652. 11/2007

### JEFFREY GOODMAN SPECIAL CARE CLINIC

Provides HIV and STD testing, as well as treatment, case management, complementary therapies and AIDS Drug Assistance Program for HIV+ patients. 1625 N. Schrader, Third Floor, Los Angeles 90028. [www.lagaycenter.org](http://www.lagaycenter.org). Call 323.993.7500 for info. 11/2007

# COMMUNITY BULLETIN BOARD

## AIM HEALTHCARE FOUNDATION

Healthcare for adult-industry members. HIV/STD testing, referrals, counseling, GYN services. For clients diagnosed with HIV/AIDS at AIM Healthcare—free-for-life medication placement. Call 818.981.5681. Also in Woodland Hills: 19720 Venture Blvd., 818.961.0291. 11/2007

## COMPREHENSIVE AIDS RESOURCE EDUCATION PROGRAM (C.A.R.E.)

Offers the following services: Out-patient, non-emergency clinic (sliding scale)—562.624.4999 • Dental center (sliding scale)—562.624.4949 • Testing/outreach (no charge)—562.624.4900 • AIDS drug assistance program (no charge)—562.624.4944 • Mental health program and nutritional counseling (no charge)—562.624.4914 • Case management / social services (no charge)—562.624.4900 • Family services program—562.624.4918. Located at 411 E. 10th St., Suite 107, Long Beach, CA 90813 (inside St. Mary Medical Center campus). 11/2007

## ALTAMED HEALTH SERVICES

Comprehensive medical treatment for people with HIV/AIDS. In addition to medical treatment, we provide case management, support groups, and HIV testing. To make an appointment to see a physician, please call 323.869.5548. 11/2007

## LAGUNA BEACH COMMUNITY CLINIC

Treats qualified clients for a low fee. Two HIV specialists accept Medical and Medicare. 362 3rd St., Laguna Beach, CA 92651. 949.494.0761. 11/2007

## FREE RAPID HIV AND STD TESTING

At The SPOT, 745 N. San Vicente Blvd., West Hollywood, southwest corner of Santa Monica and San Vicente. Tuesday-Friday, 1-7pm, 323.993.7440. If you are experiencing STD symptoms, call 323.993.7575 between 11:30am-2:30pm to schedule an appointment. 11/2007

## VALLEY COMMUNITY CLINIC, NORTH HOLLYWOOD

Offering free, anonymous HIV counseling service and testing Mondays 4-7:30pm, Tuesdays 2-7:30pm, Thursdays 12-3:40pm, and Saturdays 11am-4:30pm. Contact Walter Abb 818.763.8836. HIV case management everyday. Medical outpatient services for people with HIV. ADAP enrollment. For interview call 818.301.6334. www.valleycommunityclinic.org. 11/2007

## AIDS HEALTHCARE FOUNDATION

AHF Clinics in Hollywood, Downtown, Sherman Oaks, the Westside, Upland, Lancaster, and West Adams provide care to people with HIV/AIDS regardless of ability to pay. No one ever turned away. Free HIV testings at our Out-of-the-Closet thrift stores. Call 800.AHF.2101. 10/2002

## ANDREW ESCAJEDA CLINIC

Comprehensive health services for adults with HIV/AIDS, regardless of ability to pay. ADAP enrollment site and psychiatric services. Open to all HIV-infected, even if receiving medical care elsewhere. Pasadena location. Call 626.744.6140. 8/2002

## TARZANA TREATMENT CENTER

Provides residential rehabilitation and medical detoxification programs for people with HIV/AIDS. Call 818.996.1051 x40. HIV outpatient clinic, Monday, Wednesday, Friday, 10am-6pm. Call 818.342.5897. 9/2000

## USC AIDS CLINICAL TRIALS UNIT

Free clinical trials for people with HIV/AIDS. Located at 5P21, Rand Schrader Clinic, 1300 N. Mission Rd., Room 349, LA. For info, call 323.343.8288. 9/2000

## METHADONE TREATMENT FOR HIV+ PEOPLE

If you are HIV+ and opiate-dependent, Western Pacific Rehab offers free out-patient methadone treatment at conveniently located sites. Call 800.223.3869. 9/2000

## AIDS SERVICE CENTER, PASADENA

Free treatment education and advocacy via one-on-one counseling/assessment, monthly treatment forums, Treatment Library and more. Call 626.441.8495. 9/2000

## WELLS HOUSE HOSPICE, LONG BEACH

A home-like environment serving Long Beach and Orange County. Volunteers always welcome. Contact Ron Morgan at 562.435.9363. 9/2000

## LA COUNTY RAND SHRADER 5P21 HIV CLINIC

Provides comprehensive HIV care; services available in English and Spanish. Call 213.343.8255. 9/2000

## T.H.E. CLINIC, INC.

HIV/AIDS testing, treatment, counseling, family planning, other services. For more information call 323.295.6571. 9/2000

## PHARMACY SERVICES

### EDDIE'S PHARMACY

As your community pharmacy, we are committed to provide the best service possible. Getting to you know and your individual needs is an integral part of that commitment. Small enough to care; large enough to meet your needs. Call 310.358.2400. 1/2006

### ALL-IN-ONE PHARMACY

For all your pharmacy needs. Adherence tools and delivery provided free of charge. Treatment educators available for any questions you have. Most insurance accepted. Call toll-free: 866.255.6663. 11/2005

### MOMS PHARMACY

The original adherence pharmacy. Services include free delivery, pager notification, and optional MOMS Paks medication packets, the ultimate adherence tool. For more information, visit www.momsparmacy.com, or call 866.993.6337. 8/2005

## PERSONAL SERVICES

### HOME DELIVERED MEALS

Jewish Family Services provides kosher meals (fresh or frozen) to the homebound. Call 323.761.8770. St. Vincent's Meals on Wheels: 213.484.7775. 11/2007

### TRUE NORTH MASSAGE

Swedish circulatory massage. Tim Maloney, Certified Massage Technician. APSB. 818.244.3029. 818.726.9480 (cell). shaktim2001@hotmail.com. 1/2006

### SPORTS MASSAGE

Deep tissue, soft touch, and Reiki therapy. Discount for HIV+. I've worked on athletes for over five years. Call Wayne at 562.235.8716 and mention this ad. 12/2005

### COUNSELING

Payam Ghassemlou, PhD, MFT, gay male counselor. 310.801.2927. Sandplay Therapy—a fun, creative, and healing process to connect to your psyche's self-healing powers. 9/2004

### RESIDENTIAL DRUG TREATMENT

Live-in drug treatment for people living with HIV/AIDS. For info, call Robyn at 818.985.8323. 2/2002

### MASSAGE BY JEFFREY

Therapeutic touch at a discount for people living with HIV/AIDS. Contact Jeffrey at jjeffrey54@aol.com, or call 310.770.7515. 10/2001

### PROJECT ANGEL FOOD

Project Angel Food's agency delivers nutritious meals to individuals with a formal diagnosis of AIDS or symptomatic HIV disease living in our delivery area. To start free meal delivery service, please call Client Services at 323.845.1810. 8/2001

### FREE GROCERIES

Food and personal care items are provided to PWAs. Tuesdays, Wednesdays, and Thursdays, 10am-1pm. For more information, call Imani Unidos Food Pantry, 323.754.2320. 5/2001

### LOW INCOME HOUSING FOR PWAs

1-, and 2-bedroom housing wait list. Contact West Hollywood Community Housing Corporation, 8285 Sunset Blvd., Ste. 3, West Hollywood, or call 323.650.8771, x2. 1/2001

## 50% MASSAGE DISCOUNT

Full hour Swedish massage. Legit. \$25. Designed for financially challenged HIV+ folk who are looking for a way to afford regular massage. Call Bruce at 323.660.5358. 9/2000

## MISCELLANEOUS

### HOLLYWOOD MENTAL HEALTH CENTER

We are accepting new HIV+ clients who are seeking individual or couples counseling. HIV+ clients may obtain services without any insurance, although Medi-CAL and Medicare are accepted. 1224 N. Vine St., Los Angeles 90038. Contact Chris Bridge, MSW, at 323.769.2125. 7/2009

### ALLEGRIA HOUSE SHELTER

Assist families, and couples (gay or straight) living with AIDS. Sober living program. Contact Julie Lewis at 323.454.4200. 11/2007

### CHOICES RECOVERY SERVICES

Has homes in Long Beach and Los Angeles, providing clean, comfortable, structured, drug- and alcohol-free living environments for men, women, straight, gay, HIV+, and dual-diagnosed individuals. Please call us for further information at 562.930.0565. www.choicesoflongbeach.com 11/2007

### ZAHN EMERGENCY SHELTER

Welcomes singles and families with open arms to our sober living program. Priority is given to referrals living with HIV/AIDS. Referrals only. Please call 213.438.1619. 8/2006

### MCINTYRE HOUSE

A non-profit residential substance abuse recovery and sober living program for men. Low-cost medical care and food provided. Contact Ed at 323.662.0855. 12/2004

### STRENGTH IN NUMBERS (SIN)

A non-profit social network for HIV+ gay men that organizes and promotes fun and relaxed events in LA and Orange County. All HIV+ gay men are welcome. Events include pot luck, breakfasts, and bar nights. All events are low-cost, but everyone is expected to cover their own expenses. Check out our Web site for more information and updates on events: www.strengthinnumbers.org. 5/2003

### TEENS REACH TEENS

Peer Education Program of L.A. offers educators to lead discussions on HIV/AIDS prevention in schools, group homes, and youth agencies. Call Wendy at 323.651.9888. 8/2002

### HELPLINE FOR DEAF PEOPLE WITH HIV

A unique service run by HIV+ deaf people, providing referrals to other deaf and hard-of-hearing people with HIV/AIDS. Contact Emmett Haggen at 323.550.4258 (TDD) or 323.550.4255 (fax). 9/2001

### AIDS EDUCATION/SERVICES FOR THE DEAF

Provides education to schools as well as one-on-one meetings and interpreters to Ryan White-funded HIV/AIDS services and testing with no charge to the service providers. Call 323.550.4250 (TDD/voice). Fax: 323.550.4244. 9/2001

### HIV/AIDS MENTAL HEALTH PROGRAM

Common Ground offers mental health services to HIV+ residents of Los Angeles who cannot afford to pay. Call Mark Fairfield, LCSW, Director of Mental Health, at 310.314.5480. 4/2002

### CRYSTAL METH ANONYMOUS INFO LINE

12-step program offering a 24-hour information hotline at 213.488.4455. 9/2000

### AID FOR AIDS: FINANCIAL ASSISTANCE

Aid for AIDS provides financial assistance to people with HIV/AIDS. Help with pharmaceuticals, nutrition, monthly bus passes, rent, health insurance payments, utilities. For more info, call 323.656.1107. 9/2000